to a reverse osmosis tank; and

 A one-piece manifold for a reverse osmosis system, comprising:

a filter configured to receive water from a water port;

a membrane configured to receive filtered water via a first conduit, the membrane configured to send permeate water

a flow restrictor configured to receive concentrate water from the membrane via a second conduit and to pass the concentrate water to a drain port.

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- 2. The manifold of claim 1, further comprising: a shut-off valve.
- 3. The manifold of claim 1 wherein the manifold comprisespolypropylene material.
  - 4. The manifold of claim 1, wherein the filter is a sediment filter.
- 20 5. The manifold of claim 4, further comprising:
  a carbon filter
  - 6. The manifold of claim 5, further comprising:

end caps including grooves that control the path of water flow to the filters.

- 7. The manifold of claim 6, wherein the end caps control
  the path of water flow from each of the filters and the
  membrane.
  - 8. The manifold of claim 1, wherein the flow restrictor includes threads that restrict the flow of water.

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- 9. A one-piece manifold for a zero-waste reverse osmosis system, comprising:
  - a filter configured to receive water from a water port;
- a membrane configured to receive filtered water via a first conduit, the membrane configured to send permeate water to a reverse osmosis tank; and
- a flow restrictor configured to receive concentrate water from the membrane via a second conduit and to pass the concentrate water to a water source port.

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10. The manifold of claim 9, further comprising: a shut-off valve modified for zero-waste.

- 11. The manifold of claim 9 wherein the manifold comprises polypropylene material.
- 12. The manifold of claim 9, wherein the filter is a5 sediment filter.
  - 13. The manifold of claim 12, further comprising: a carbon filter
- 14. The manifold of claim 13, further comprising:
  end caps including grooves that control the path of water
  flow to the filters.
- 15. The manifold of claim 14, wherein the end caps
  15 control the path of water flow from each of the filters and the membrane.
  - 16. The manifold of claim 9, wherein the flow restrictor includes threads that restrict the flow of water.
  - 17. A flow restrictor defining a restricted flow path for liquid, said flow restrictor comprising:

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a housing defining an elongated conduit having a tapering conical wall defining a first screw thread and a water-channel thread extending therealong including generally between a first opening into a distal region of the conduit for receiving a flow of liquid and a second opening into a proximal region of the conduit, and

an axially elongated plug received into said conduit, a surface of said plug opposed to said tapering conical wall defining a second screw thread and a tapering surface, said second screw thread disposed in threaded engagement with said first screw thread defined by said conical wall of said housing,

opposed surface of said water-channel thread and said tapering surface of said plug being disposed in sealing engagement within said conduit and opposite to define a region for liquid flow, said housing with said water-channel thread and said tapering surface of said plug thereby cooperatively defining a generally spiral liquid flow path along said water-channel screw thread and said tapering surface, for flow of liquid generally between said first opening and said second opening for delivery of liquid from the conduit.

- 18. The flow restrictor of claim 17, wherein said plug is received into said conduit through said second opening.
- 19. The flow restrictor of claim 17, wherein said plugand said housing are injection molded.
  - 20. The flow-restrictor of claim 19, wherein said plug comprises a first material, said insert comprises a second material, said first material being softer than said second material.
  - 21. The flow restrictor of claim 17, wherein the first screw-thread comprises a pointed protrusion.
- 15 22. The flow restrictor of claim 21, wherein being disposed in sealing engagement comprises the pointed protrusion penetrating the surface of the tapered surface.
- 23. The flow restrictor of claim 17, wherein the plug comprises a third screw thread, the second screw thread and the third screw thread are separated by a gap.

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24. A flow restrictor defining a restricted flow path for liquid, said flow restrictor comprising:

a housing defining an elongated conduit having a tapering conical wall defining a first screw thread and a water-channel thread extending therealong including generally between a first opening into a distal region of the conduit for receiving a flow of liquid and a second opening into a proximal region of the conduit, and

an axially elongated plug received into said conduit, a surface of said plug opposed to said tapering conical wall defining a second screw thread and a tapering surface, said second screw thread disposed in threaded engagement with said first screw thread defined by said conical wall of said housing,

opposed surface of said water-channel thread and said tapering surface of said plug being disposed in sealing engagement within said conduit and opposite to define a region for liquid flow, said housing with said water-channel thread and said tapering surface of said plug thereby cooperatively defining a generally spiral liquid flow path along said water-channel screw thread and said tapering surface, for flow of liquid generally between said first opening and a port defined

by said flow restrictor for delivery of liquid from said conduit.

- 25. The flow restrictor of claim 17, wherein said plug,
  5 at least in part, defines an aperture interconnecting said conduit and said port.
  - 26. The flow restrictor of claim 19, wherein said port is defined, at least in part, by said plug.